



**Innovative health & wellness screening  
systems  
for professional and personal use**

# About us

The MEDICALSOFT Company is a manufacturer of a range of innovative equipment based on cutting-edge diagnostic technology and complex program cross-analysis of the data received:

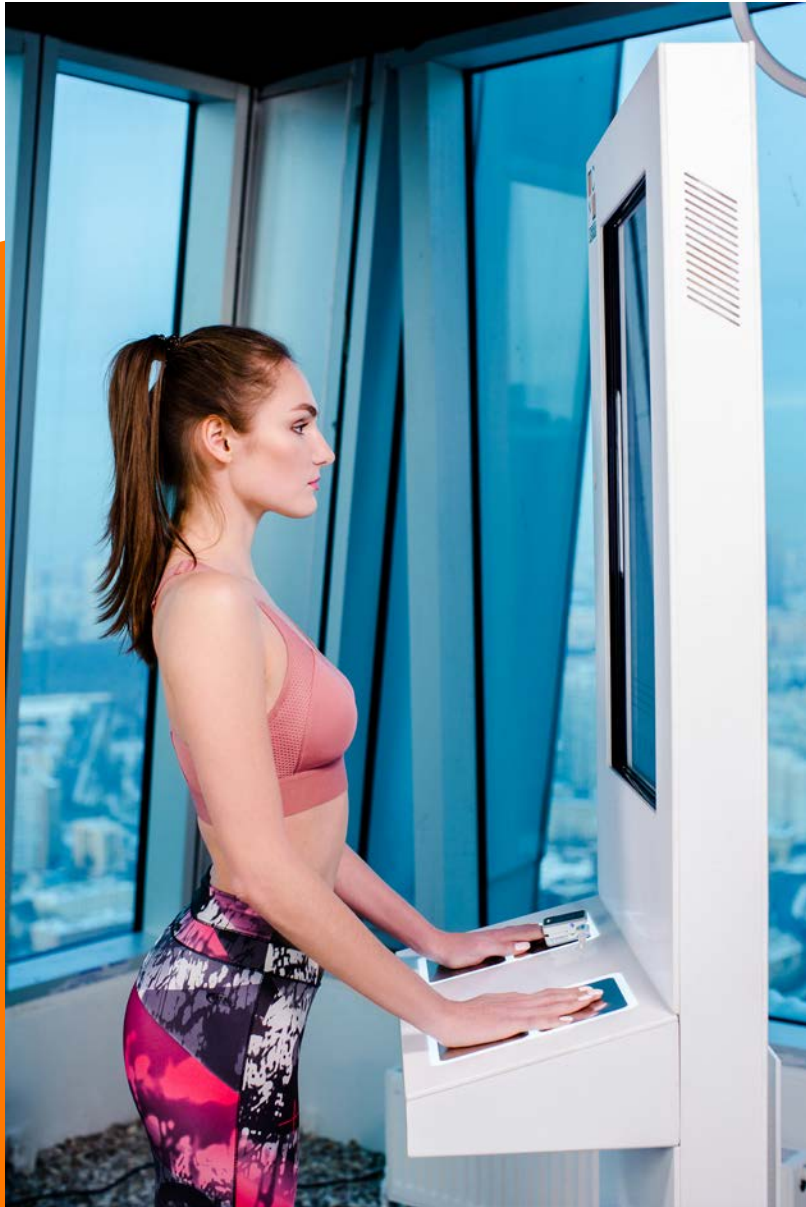
- ▶ Bioimpedance analysis
- ▶ Galvanic skin response
- ▶ Heart rate variability
- ▶ Digital pulse wave analysis.

By using the achievements of science and technology in the field of diagnostics, in combination with our own innovative technology, our team of high-end professionals has identified efficient approaches to developing, manufacturing and selling top quality equipment that meets the challenges of both today and the foreseeable future.

All our devices are rather compact and mobile, which allows to use them in various conditions and situations, as well as ensures maximum comfort for patients during the examination.

Our equipment is used in fitness centers, SPA resorts, and health clinics worldwide.





# MS FIT

## Touch Screen Kiosk for Fitness Testing

*breakthrough in fitness diagnostics*

# What is MS FIT



MS FIT is a touch screen kiosk for integrated assessment of a person's fitness indicators with the opportunity to develop detailed recommendations for an individual fitness program



Diagnostics and individual program recommendations in just 60 seconds

## Recommendations for:

- ▶ Type of training
- ▶ Training intensity
- ▶ Diet
- ▶ Wellness and SPA procedures
- ▶ Dynamics control



# Who can benefit from **MS FIT**



Fitness clubs  
Wellness and SPA centers  
Sports teams  
Individual athletes  
Healthcare facilities



# Operation Algorithm

Fitness  
testing

Consultation  
with a personal  
trainer

Individual  
fitness  
program

Recommendations

Follow-up

**RESULTS**



# Configuration

MS FIT includes:

- ▶ **Kiosk** with integrated electronic equipment
- ▶ **Touch screen** varies from 32 to 43 inches\*
- ▶ **Hands platform** with built-in sensors to determine heart rate, galvanic skin response and bioimpedance
- ▶ **Feet platform** with built-in sensors for weight measurement, galvanic skin response and bioimpedance
- ▶ **Digital pulse wave sensor** (optional) \*
- ▶ **Integrated MS FIT software** adapted for touch screen
- ▶ **Web camera, height meter and QR code scanner** (optional)\*
- ▶ **Tablet** with pre-installed MS FIT software to easily review and manage client data independently from the kiosk (optional)\*

*\* Parameters depend on the equipment configuration*



# Model Range of MS FIT



Portable



Stand



Kiosk

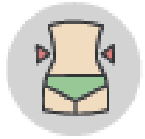
**MS FIT** is a result of continuous testing and feedback received from athletes engaged in different sports disciplines who have experienced to use **MS FIT Portable**.

It has been developed to **optimize the training process**. **MS FIT** is proven to be the optimal solution that has allowed athletes and coaches to get a **comprehensive and objective assessment** of the athlete's **functional health state**. They took such information into account both for correcting the training load and optimizing the preparations for important competitions.

MS FIT is a **complete solution** for fitness, SPA and professional clubs



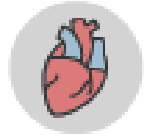
# Functions of MS FIT



Segmental Body Composition Indicators



Microcirculation Indicators



Cardio Indicators



Stress and Fatigue Indicators



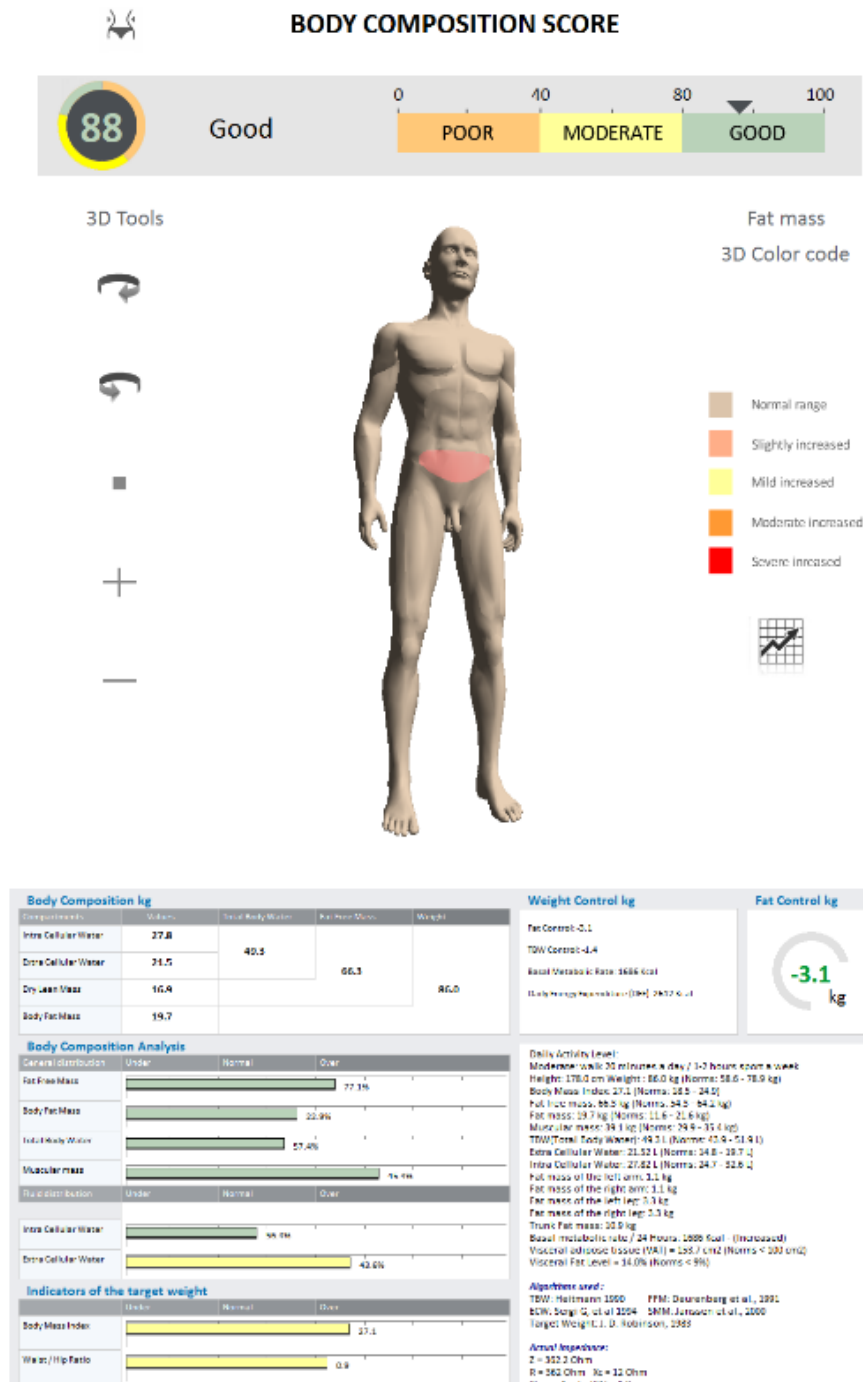
Vertebral Load Indicators



Comprehensive Wellness Score  
Indicators

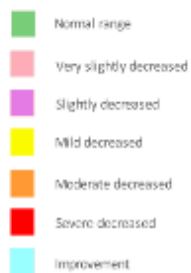
# Segmental Body Composition Indicators

- ▶ Body Mass Index
- ▶ Fat Mass
- ▶ Fat Free Mass
- ▶ Muscular Mass
- ▶ TBW (Total Body Water)
- ▶ Intra Cellular Water
- ▶ Extra Cellular Water
- ▶ Visceral Fat
- ▶ Basal Metabolic Rate



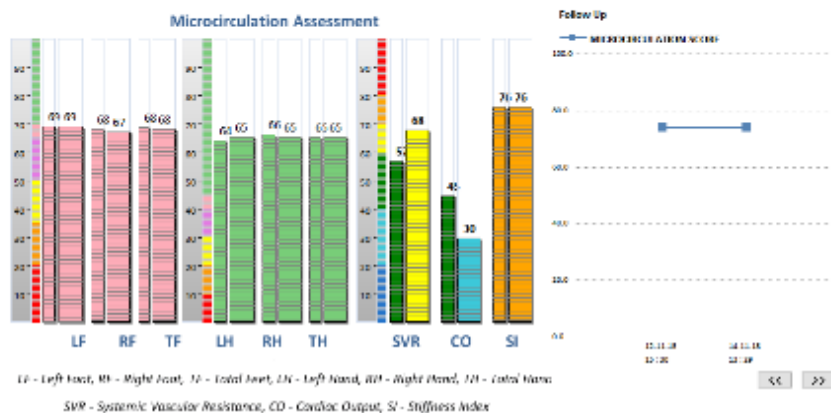


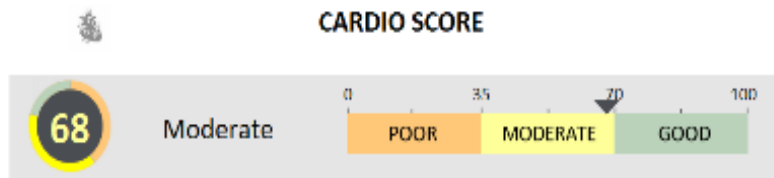
Microcirculation  
3D Color code



# Microcirculation Indicators

- ▶ Microcirculation Markers in Upper and Lower Limbs
- ▶ Arterial Stiffness Index
- ▶ Dynamic Monitoring of Cardio Training

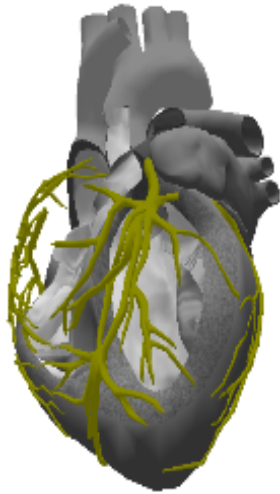




3D Tools

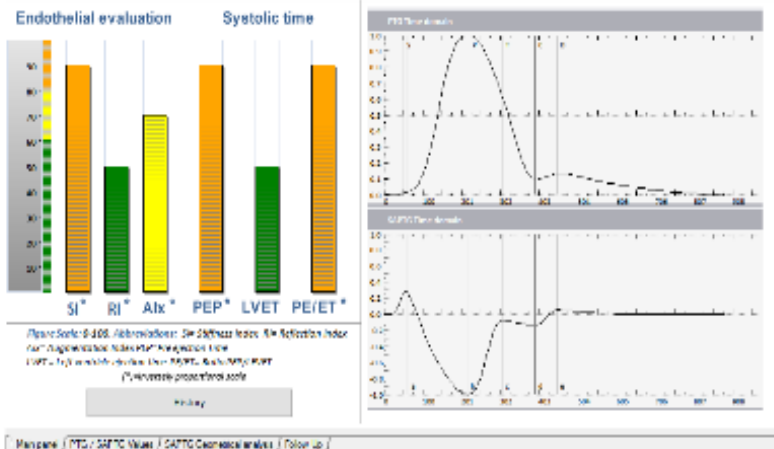
Cardio score

3D Color code

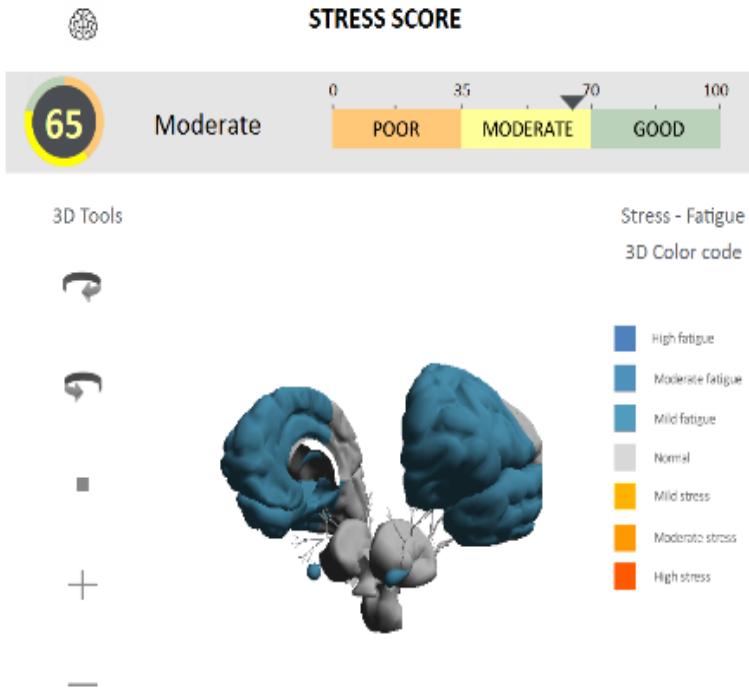


# Cardio Indicators

- ▶ Determination of Biological Age
- ▶ Assessment of Central and Peripheral Hemodynamic Indicators

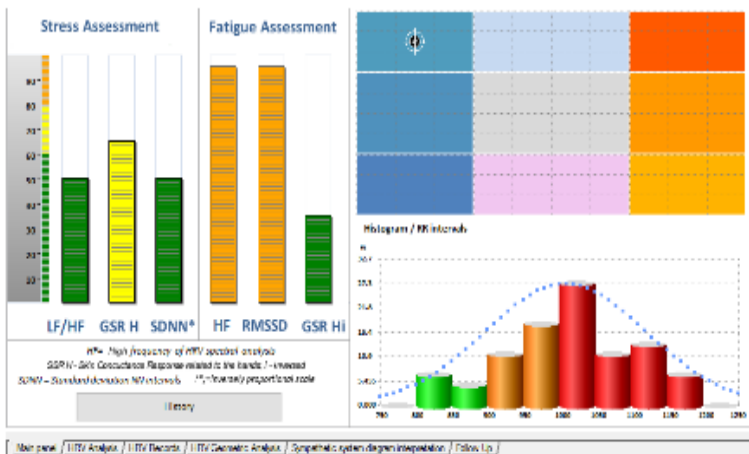


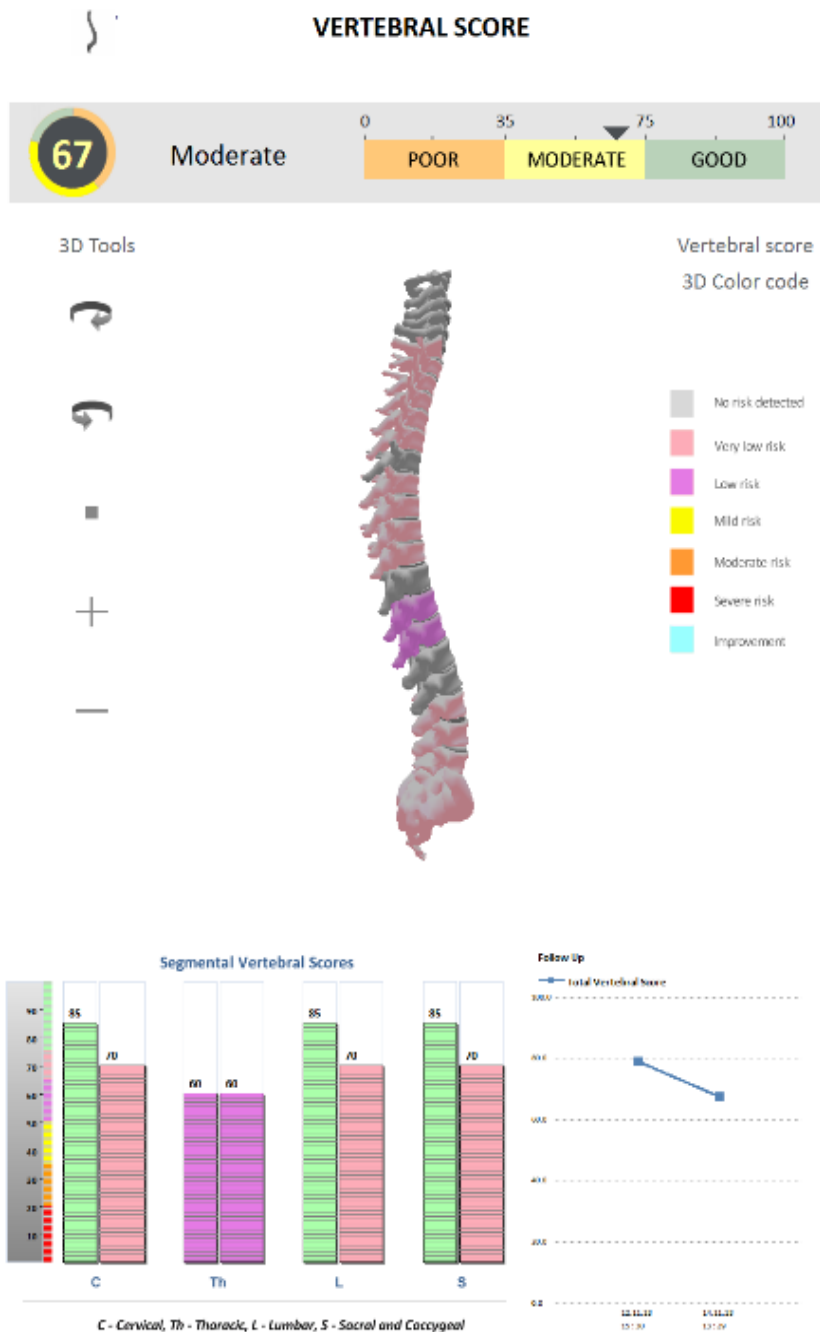




# Stress and Fatigue Indicators

- ▶ Stress Level
- ▶ Fatigue Level
- ▶ Assessment and Prevention of Overtraining





# Vertebral Load Indicators

- ▶ Assessment score of the neuromuscular conductivity level for various segments of the spinal column



## MAIN INDICATORS

### Physiological Indicators



# Comprehensive Wellness Score Indicators

- ▶ Integral Wellness Score
- ▶ Endurance
- ▶ Efficiency
- ▶ Physical Performance

# Recommendations based on Results

## ► SPA procedures

## ► Sports training

## ► Diet and supplements

Assistance to the therapeutic decision. V = Suggested, Orange X = Warning, Red X = Contraindication									
Indicators	Under	Normal	Over	Values	Norms	Units	Message	Sauna	Pressure L...
Age				25	-				
BIA Indicators									
Body Mass Index				27.5	18.5 - 24.9	C.U	✓	✓	
Fat free mass				72.4	61.6 - 74.6	%	✓	✓	
Fat mass				27.6	10.8 - 21.8	%	✓	✓	
Total Body Water				32.5	32.0 - 62.2	%	✓	✓	✓
Extra Cellular Water				17.7	30.0 - 40.0	%	✓	✓	
Intra Cellular Water				62.3	50.0 - 66.0	%	✓	✓	
Muscular mass				37.0	34.0 - 41.2	%	✓	✓	
Psychology									
Indicators of asthenia									
HRV LF (Low frequency)				39.06	22.00 - 46.00	%	✓	✓	
HRV HF (High frequency)				24.06	22.00 - 34.00	%	✓	✓	
Stress									
HR Heart Rate				79	60 - 90	bpm	✓	✓	
SI (Stress Index)				211.40	50.00 - 300.00	C.U	✓	✓	✓
HRV LF (Low frequency)				39.06	22.00 - 46.00	%	✓	✓	
HRV HF (High frequency)				24.06	22.00 - 34.00	%	✓	✓	
Q (Cardiac Output)				7.6	6.2 - 7.5	L/min	X	X	
Blood Pressure Indicators									
Systolic pressure				120.0	110.0 - 140.0	mmHg	✓	✓	✓
Diastolic pressure				80.0	75.0 - 90.0	mmHg	✓	✓	✓
MAP (Mean Arterial Pressure)				93	65 - 100	mmHg	✓	✓	✓
Hemodynamic indicators									
SVR				988.3	900.0 - 1300.0	dyn·s/cm <sup>5</sup>	✓	✓	✓
SV (Stroke Volume)				96.4	60.0 - 100.0	ml	✓	✓	
Q (Cardiac Output)				7.6	6.2 - 7.5	L/min	✓	✓	
RV (Blood Volume)				6.41	5.72 - 6.32	L	✓	✓	
Arterial stiffness									
SI (Stiffness Index)				6.7	7.0 - 9.0	m/s	✓	✓	
O2 Indicators									
SpO2%				96.50	95.00 - 100.00	%	✓	✓	✓
DO2 (Delivery oxygen)				1275.1	800.0 - 1200.0	ml/min·m <sup>2</sup>	✓	✓	✓
VO2				300.0	200.0 - 300.0	ml/min·m <sup>2</sup>	✓	✓	✓
Stress / Fatigue Assessment									
HR Heart Rate				79	60 - 90	bpm	✓	✓	
Sympathetic system									
Standard Deviation (SDNN)				40.6	40.0 - 80.0	ms	✓	✓	
LF / HF				1.8	0.5 - 2.0	C.U	✓	✓	
Parasympathetic system									
HRV HF (High frequency)				24.06	22.00 - 34.00	%	✓	✓	

Assistance to the therapeutic decision. V = Suggested, Orange X = Warning, Red X = Contraindication									
Indicators	Un	Nor	Or	Valu	Norms	Un	Cardi...	Cardi...	Low training
Age				25	-				
BIA Indicators									
Body Mass Index				27.5	18.5 - 24.9	C.U	✓	X	✓
Fat free mass				72.4	61.6 - 74.6	%	✓	✓	✓
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Total Body Water				32.5	32.0 - 62.2	%	✓	✓	✓
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Q (Cardiac Output)				7.6	6.2 - 7.5	L/min	✓	✓	✓
RV (Blood Volume)				6.41	5.72 - 6.32	L	✓	✓	✓
Arterial stiffness									
SI (Stiffness Index)				6.7	7.0 - 9.0	m/s	✓	✓	✓
O2 Indicators									
SpO2%				96.50	95.00 - 100.00	%	✓	✓	✓
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VO2				300.0	200.0 - 300.0	ml/min·m <sup>2</sup>	✓	✓	✓
Stress / Fatigue Assessment									
HR Heart Rate				79	60 - 90	bpm	✓	✓	✓
Sympathetic system									
Standard Deviation (SDNN)				40.6	40.0 - 80.0	ms	✓	✓	✓
LF / HF				1.8	0.5 - 2.0	C.U	✓	✓	✓
BP response				0.00	> 10.00	mmHg	✓	✓	✓
Parasympathetic system									
HRV HF (High frequency)				24.06	22.00 - 34.00	%	✓	✓	✓

3D Tools

Visceral Fat  
3D Color code

Normal range

Slightly increased

Mild increased

Moderate increased

Severe increased

NOT RECOMMENDED FOODS

**Vegetables**

Asparagus, Avocado, Artichokes, Lettuce, Peas, Red beans, Broccoli sprouts, Dried vegetables, Tomatoes, Onions, Beetroot, Potatoes, Maize

**Animal products**

In general avoid to eat red meat, Egg white, Game, Cold cuts, Liver, Kidney, Offal, Brain, Smoked meats, smoked fish and smoked poultry, Raw Fish, Fat meat and animal fats, Lard, Sausages, Bacon, Goose, Animal proteins and fats with moderate fat very little meat (once a week is enough), replace with fish, only if possible

**Dairy products**

Mozzarella, Margarine, Fresh cream, Cheese, Milk

**Cereals**

White flour and derivatives, White bread, French toast, Pastries, Semolina, White sugar, Pasta, Chocolate, White rice flour, Ice cream, Honey, Jam, Cocoa, Jam tart, Not more than 30 g of fiber per day, Fat bread, Sories, Wheat, Rice, Nougat, Sweet foods

**Fats**

Trans fats, Refined oils, Fatty foods, Margarine, Fried food, Mayonnaise

**Drinks**

Black tea, Alcohol, Commercial vinegar, Strong alcohol, Sweetened Soda Drinks, Beer, Cocoa

**Daily dose**

Dietary or coated nuts or walnuts

**Fruit**

Apricots, Plums, Bananas, Pineapple, Dates, Fruit in syrup, Candied fruit, Dried fruit, Fruit jelly, Coconut, Fruit in syrup candied or jelly, Fruit acids

**Alimentary acids**

**RECOMMENDED FOODS**

**Vegetables**

Pumpkin, Asparagus, sunflower seeds, Sprouted seeds, Egg Plant, String beans, Celery root, Lentils, Fennel, Celery, Cabbage, Beans, Lettuce, Salsify, Cucumber, Sunflower, Spinach

**Animal proteins**

Salmon, Tuna, Egg yolk, Poultry, Oysters

**Dairy products**

Probiotic and sourdough, Yeast, White bread or whole grain cereals, Oats, Brewer's yeast

**Cereals**

Probiotic and sourdough, Yeast, White bread or whole grain cereals, Oats, Brewer's yeast

**Fruit**

2 fruits per day max, Goji berries, Apples, Blackberry, Blueberry, Pear

**Drinks**

Green tea, Soy milk, Rice milk

**Alimentary acids**

Cider vinegar, Cinnamon, Curry, Ginger, Lemon, Peppers

**Plant proteins**

Soy beans, Soy and barley derivatives, Algae

**Cereals**

Bran

**COOKING METHODS**

Steaming is to be preferred to all other methods.

For cooking food, olive, peanut or palm oil, without even allowing it to smoke.

For improved digestion, advice for cooking: carrots, tomatoes, broccoli, squash and other root or tuber or other cooking.

To prepare fish, marinate in lemon juice, wine or oil, then steam or broil in stock.

Do not burn or carbonize meat and throw away the gristle.

Visceral Fat Level: 1

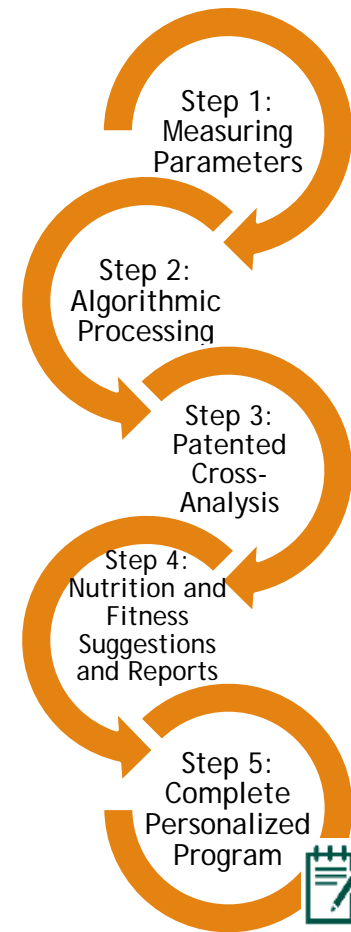


# MAIN PRINCIPLES OF THE SYSTEM OPERATION

**MS FIT** is a functional system of fitness diagnostics that includes the **patented algorithm** for automatic cross-data analysis (program cross-analysis) that is recorded with the use of **4 scientific technologies**:

- ▶ Multi-frequency body composition assessment
- ▶ Galvanic skin response assessment
- ▶ Rhythmogram (R – R intervals analysis)
- ▶ Digital pulse wave analysis

This combination allows this device to provide **comprehensive wellness data** for your customers and **create an individual fitness program** based on the information received, taking into account your **client's wishes and ultimate goals**.



## YOUR BENEFITS

```
graph TD; A[YOUR BENEFITS] --- B[Increase in the personal workouts number]; A --- C[Monitoring of physiological indicators and wellness scores in the training process to assess its effectiveness]; A --- D[Increase in percentage of extended contracts]; A --- E[Competitive advantage to attract new customers]; A --- F[Increase in sales of additional services (personal trainings in related departments, SPA procedures, sports nutrition)]; A --- G[Comprehensive customer service];
```

Increase in  
the  
personal  
workouts  
number

Monitoring of  
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Increase in sales of  
additional services  
(personal trainings  
in related  
departments, SPA  
procedures, sports  
nutrition)

Comprehensive  
customer  
service

# By purchasing MS FIT you get:

Spectacular  
and  
accessible 3D  
visualization



Technical  
support for 1  
year



Possibility to  
pay by  
installments



Free  
worldwide  
shipping



Free online  
training

We are looking forward to future cooperation!

# Contact us

## USA & WORLDWIDE

MEDICALSOFT LLC

Manufacturer of innovative health  
screening systems for professional  
and personal use



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